

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



Reserve  
A280.39  
C762



# CANNED CHOPPED MEAT or CANNED LUNCHEON MEAT

*a good choice for the thrifty family*

U. S. DEPT. OF AGRICULTURE  
NATIONAL AGRICULTURAL LIBRARY

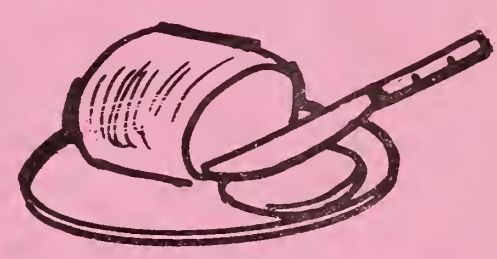


or



Good to eat and Good for you

EAT the meat right  
from the can-



or Bake it like Ham  
(with a little mustard  
and sugar on it)



or Slice it and Fry it



or Cut it in strips and  
use it in a Salad  
(With Greens, Tomatoes and Cheese)



or Place slices on top of beans  
and Bake



C&MS-43

### **Panned Cabbage and Canned Meat**

2 tablespoons fat	2 tablespoons water
2 cups cut-up donated canned chopped meat or canned luncheon meat	Salt and pepper to taste
6 cups cut-up cabbage (1 pound)	

Melt fat in fry pan and brown meat. Add cabbage and water to pan. Cook 10 minutes or until cabbage is tender. Season to taste. Makes 6 servings.

### **Meat Sauce**

1 medium onion	1 small can tomato paste (6-ounce can)
1 tablespoon fat	
2½ cups cut-up donated canned chopped meat or canned luncheon meat	1½ cups water 1 teaspoon sugar Salt to taste

Chop onion and cook in fat until tender. Mix in rest of the ingredients and cook over low heat for 1 hour or until thickened. Makes 3 cups sauce.

Serve over cooked noodles, rice, spaghetti or bulgur.

### **Spanish Rice**

½ cup uncooked rice	1 stalk celery, if you like
1 tablespoon fat or oil	2½ cups cooked or canned tomatoes
½ onion	
½ green pepper, if you like	2½ cups cut-up donated canned chopped meat or canned luncheon meat

Cook rice in fat until lightly browned. Chop onion, green pepper and celery and add with tomatoes to the rice. Heat to boiling. Cover and cook over low heat for 25 minutes, or until rice is tender. Add meat to rice, and cook over low heat for about 5 minutes. Makes 6 servings.